FFL THREE WEEK MENU SPRING/SUMMER 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

> YOUR FAVOURITES AVAILABLE EVERY DAY











MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Beef Bolognese ♥ ₩

FRIDAY

Golden Fish Fingers and Chips

Main Dish

Cheese and Tomato Pizza 👩 Cheesy tomato topped pizza slice Allegra BBQ Chicken Burger Corn and Pineapple Relish

BBQ chicken breast burger with zingy corn relish

Roast Chicken with Roast Potatoes and Gravy

Succulent roast chicken with fluffy roasties and tasty gravy

a yummy tomato sauce

A classic Italian beef Bolognese in

Crispy fish fingers and scrummy chips

Alternative Dish

Macaroni Cheese 👩

Cheesy macaroni pasta

Allegra Broccoli and Cauliflower Cheese Pie 👩

Cheesy broccoli and cauliflower with a shortcrust topping

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy

> A chunky sweet potato and chickpea roast

A Selection of Fresh Salads

Butternut Squash and Tomato Bake with Rice 🕜 🕍

A delicious butternut squash and tomato bake served with rice

Quorn Dippers and Chips

Crispy Quorn nuggets with their fave sauce – ketchup

Salads

tomato, grated carrot, sweetcorn and pasta salad 💝

A Selection of Fresh Salads

Including lettuce, cucumber,

Including lettuce, cucumber. tomato, grated carrot, sweetcorn and pasta salad 🤏

A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad 🤏

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad 😽

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Jacket Potato

Jacket Potato with a choice of fillings **

Jacket Potato with a choice of fillings

Jacket Potato with a choice of fillings 🛊 🕍

Jacket Potato with a choice of fillings 🕜 🕍

Jacket Potato with a choice of fillings with a choice of fillings

Pasta

A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta

Tomato Pasta

A delicious fresh. homemade tomato sauce with penne pasta A delicious fresh, homemade

Tomato Pasta A delicious fresh. homemade tomato sauce with penne pasta

Vegetables

Green Beans and Sweetcorn Peas and Fresh Broccoli Fresh Broccoli and Sweetcorn

Baked Beans, Peas and Carrots

Desserts

Fruit Slices 🝏

Secret Brownie with Fruit Slices 🍈 Shortbread Biscuit with Fruit Slices 🍏

with Custard

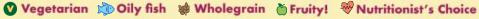
Orange, Sultana and Carrot Slice 💆

AVAILABLE EVERY DAY





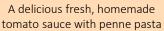








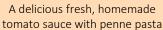




Carrots and Cabbage

Berry and Peach Oaty Crumble













MONDAY

TUESDAY

WEDNESDAY

Roast Turkey with

Roast Potatoes and Gravy

THURSDAY

Beef Bolognese

FRIDAY

Main Dish

A soft wrap filled with lightly spiced veggies and rice

Veggie Burrito 💟 🐲 🧇

Allegra Asian Sticky Noodles

Chicken and vegetables in sweet sauce with noodles

Succulent roast turkey with fluffy roasties and tasty gravy

A classic Italian beef Bolognese in a yummy tomato sauce

Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips

Alternative Dish

Jacket Potato

Cheese and Tomato Pizza V Cheesy tomato topped pizza slice

A Selection of Fresh Salads

Allegra's BBQ Beans 🧇

Tasty BBQ beans served with cornbread

Creamy Vegetable Pie 💟 with Roast Potatoes and Gravy

Creamy vegetable pie with a cheesy shortcrust topper

A Selection of Fresh Salads

Mild Chickpea and Potato Curry Served with wholemeal rice

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The Incredible Burger with Chips

Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

tomato, grated carrot, sweetcorn and pasta salad Jacket Potato

With a choice of fillings

A Selection of Fresh Salads

Including lettuce, cucumber,

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

Jacket Potato 🧡

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

Jacket Potato 🥮 With a choice of fillings

Jacket Potato 🧡 With a choice of fillings

With a choice of fillings

A Selection of Fresh Salads

Including lettuce, cucumber,

tomato, grated carrot, sweetcorn

and pasta salad

Jacket Potato 🥮 With a choice of fillings

Pasta

A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta W

Tomato Pasta 🖤 🐙 A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta <equation-block> A delicious fresh, homemade tomato sauce with penne pasta

A delicious fresh. homemade tomato sauce with penne pasta

Green Beans and Sweetcorn

Tomato Pasta V

A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta 💟 🕪

Vegetables

Flapjack with Fruit Slices

Carrots and Cabbage

Baked Beans, Peas and Carrots

Raspberry Yoghurt Cake

Fruity Chocolate Brownie with **Fruit Slices**

Vanilla Ice-Cream With Fruit Slices

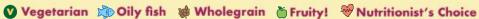


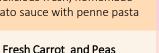














Peach Shortbread Pudding and Custard









TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza

Cheesy tomato topped pizza slice

Allegra Chilli Con Chicken and Sweet Potato Bake 🥯

Baked wedges of sweet potato, topped with tomato chicken and tortilla crunchies

Roast Pork with Roast Potatoes and Gravy

Succulent roast pork with fluffy roasties and tasty gravy

A soft wrap filled with fresh beef and rice

Beef Burrito 🥎

Golden Fish Fingers and Chips

Crispy fish fingers and scrummy chips

Alternative Dish

Veggie Sausage and Mash with Gravy 😗 😽

Fluffy mash with veggie sausages and rich gravv

A Selection of Fresh Salads

Macaroni Cheese 🕚 Cheesy Macaroni Pasta

Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravv

A chunky butternut squash and potato slice

A Selection of Fresh Salads

Veggie Lasagne 😗 🕍 served with a bread wedge

Delicious sheets of pasta lavered with veggies and tomato sauce

A Selection of Fresh Salads

Soft Taco and Chips A soft taco shell filled with a yummy veggie tomato chilli

A Selection of Fresh Salads

Including lettuce, cucumber,

tomato, grated carrot, sweetcorn

Salads

Pasta

Including lettuce, cucumber, tomato, grated carrot, Sweetcorn and Pasta Salad

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, Sweetcorn and Pasta Salad

Jacket Potato

With a choice of fillings

Including lettuce, cucumber, tomato, grated carrot, Sweetcorn and Pasta Salad

Jacket Potato

Including lettuce, cucumber, tomato, grated carrot, Sweetcorn and Pasta Salad

Jacket Potato With a choice of fillings and Pasta Salad Jacket Potato

Jacket Potato

Tomato Pasta

Jacket Potato

With a choice of fillings

A delicious fresh, homemade tomato sauce with penne pasta Tomato Pasta

A delicious fresh, homemade tomato sauce with penne pasta

Sweetcorn and Broccoli

Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta

Carrots and Cabbage

With a choice of fillings

A delicious fresh. homemade tomato sauce with penne pasta

Slices

Tomato Pasta

Green Beans and Sweetcorn

Chocolate Sponge Cake with Fruit

With a choice of fillings

Tomato Pasta

A delicious fresh, homemade tomato sauce with penne pasta

Baked Beans, Peas and Carrots

Banana and Apricot Flapjack

Vegetables

Desserts

Peas and Carrots

Apple and Carrot Yoghurt Muffin

Strawberry Ice Cream with Fruit Slices

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD. YOGHURT & FRESH FRUIT









